



Recipe Name: Very Veggie Chili with Quinoa

File No:



Let's Cook
WISCONSIN SCHOOL MEALS ROCK

Recipe Adapted From:

Healthy School Recipes

Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1½ cup	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure	Procedure
Quinoa, Dry	4 lbs		1. Prepare quinoa per the package directions. 2. Sweat the onions and peppers in 1¼ cup of broth on a stove top or tilt skillet for about 5 minutes or until onions are translucent. 3. Add remaining vegetables, seasonings, cooked quinoa, and water. 4. Simmer for 30 minutes. 5. Stir chili and add remaining broth, 1 cup at a time, until desired consistency is achieved. CCP: Heat to 141°F or higher for 15 seconds. 6. Simmer for 30 minutes or until desired consistency is reached. CCP: Hot hold for service at 135°F or higher.
Onions, Raw, Chopped	2 lbs 12 oz		
Peppers, Bell, Green, Raw, Chopped	10 oz		
Broth, Vegetable, Low-Sodium, Divided		1 qt	
Tomatoes, Diced, Canned, Undrained, USDA #100329		2 - #10 cans	
Tomato Paste, No Salt Added, Canned, USDA #100327		1½ qt	
Beans, Kidney, Canned, Drained, Rinsed, USDA #100370		1½ - #10 can	
Beans, Black, Canned, Drained, Rinsed, USDA #100359		2 - #10 cans	
Carrots, Raw, Shredded	1 lb		
Corn, Cnd, Drained, Rinsed, USDA #100313	8 oz		
Chili Powder		⅔ cup	
Garlic Powder		⅓ cup	
Cumin, Ground		⅓ cup	
Water		1 qt	

Meal Component Contribution			Total Yield		
Meat/Meat Alternate: 2 oz eq			Weight:		
Vegetable Subgroups			Number of Pans:		
DG	RO	BPL	Pan size:		
	⅞ cup		Volume:		
S	O	A	Nutritional Analysis Based on Portion Size		
	⅛ cup		Calories: 337 kcal		
Fruit:			Saturated Fats (g): 0.56 g		
Grains: 1 oz eq			Sodium (mg): 586.54 mg		
Based on USDA Food Buying Guide-RAW			Calculated using NutriKids		

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional